

## Ham, low sodium, and fruit kabobs10

Number of Servings: 10 (113.6 g per serving)

Amount	Measure	Ingredient
10.00	oz	Pork, cured ham, low sod, cooked
2 1/2	cup	Pineapple, chunks, cnd, w/juice, drained
2 1/2	cup	Grapes, Thompson seedless, fresh

### Nutrients per serving

Nutrition Facts		
Serving Size (114g)		
Servings Per Container		
Amount Per Serving		
Calories 100		Calories from Fat 20
		% Daily Value*
Total Fat	2.5g	4%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	280mg	12%
Total Carbohydrate	14g	5%
Dietary Fiber	1g	4%
Sugars	13g	
Protein 7g		
Vitamin A 0%		Vitamin C 15%
Calcium 2%		Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300 mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

### Notes

Cut cooked, cold low sodium ham into small cubes; alternate putting ham, pineapple and grapes onto skewers or toothpicks. Refrigerate. Serve cold.

Each serving should have 1 oz ham cubes + 1/4 C P/A chunks and 1/4 C Grapes (length of skewers/toothpicks will determine # served).

1 serving = 1CS

### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

### Holding :

- Hold for cold service at an internal temperature of 41 F or lower.